

Bassett Community Health Navigation Network News

What's Happening?

Trainings:

Network Training will be held Feb 10th and 12th from 9am-3pm with a lunch break mid-day.

Quarterly Refresher Training will be held March 12th from 9am –12pm for all seasoned Navigators/Care Managers please register below;

<https://events.teams.microsoft.com/event/406b4d55-9010-492d-ab67-a9ea37deabe1@71533e4c-2518-4d48-b4f0-9507733edf1b>

February Excellus trainings were sent out in an email to supervisors on 1/15/26.

Aids institute continues to offer a variety of trainings. You must have an account on www.hivtrainingny.org to register for the modules. When sending training certificates be sure to indicate the number of hours for each course.

Please continue to send in all training certificates to Bridget to receive credit for the annual training requirement.

Diagnosis Spotlight: Heart Disease

Overview

February is American Heart Disease Awareness Month

Heart disease describes a range of conditions that affect the heart. Heart disease includes:

- Blood vessel disease, such as coronary artery disease.
- Irregular heartbeats, called arrhythmias.
- Heart conditions that you're born with, called congenital heart defects.
- Disease of the heart muscle.

- Heart valve disease.

Many forms of heart disease can be prevented or treated with healthy lifestyle choices.

Symptoms

Coronary artery disease is a common heart condition that affects the major blood vessels that supply the heart muscle. A buildup of fats, cholesterol, and other substances in and on the artery walls usually cause coronary artery disease. This buildup is called plaque. The buildup of plaque in the arteries is called atherosclerosis (ath-ur-o-skluh-ROE-sis). Atherosclerosis reduces blood flow to the heart and other parts of the body. It can lead to a heart attack, chest pain, or stroke.

Symptoms of coronary artery disease can include:

- Chest pain, chest tightness, chest pressure, and chest discomfort, called angina.
- Shortness of breath.
- Pain in the neck, jaw, throat, upper belly or back.
- Pain, numbness, weakness, or coldness in the legs or arms if the blood vessels in those body areas are narrowed.

You might not be diagnosed with coronary artery disease until you have a heart attack, angina, a stroke, or heart failure. It's important to watch for heart symptoms. Talk to your healthcare team about any concerns. Heart disease can sometimes be found early with regular health checkups.

Heart disease symptoms caused by irregular heartbeats, called arrhythmias

The heart may beat too quickly, too slowly or irregularly. Heart arrhythmia symptoms can include:

- Chest pain or discomfort.
- Dizziness.
- Fainting or almost fainting.
- Fluttering in the chest.
- Lightheadedness.
- Racing heartbeat.
- Shortness of breath.
- Slow heartbeat.

Heart disease symptoms caused by congenital heart defects

A congenital heart defect is a heart condition present at birth. Serious congenital heart defects usually are noticed soon after birth. Congenital heart defect symptoms in children could include:

- Blue or gray skin. Depending on skin color, these changes may be easier or harder to see.
- Swelling in the legs, belly area, or areas around the eyes.
- In an infant, shortness of breath during feedings leading to poor weight gain.

Some congenital heart defects may not be found until later in childhood or during adulthood. Symptoms may include:

- Getting very short of breath during exercise or activity.
- Easily tiring during exercise or activity.
- Swelling of the hands, ankles, or feet.

Heart disease symptoms caused by diseased heart muscle, called cardiomyopathy

In the beginning, cardiomyopathy may not cause noticeable symptoms. As the condition gets worse, symptoms may include:

- Dizziness, lightheadedness, and fainting.
- Fatigue.
- Feeling short of breath during activity or at rest.
- Feeling short of breath at night when trying to sleep, or waking up short of breath.
- Rapid, pounding or fluttering heartbeats.
- Swollen legs, ankles or feet.

Heart disease symptoms caused by heart valve disease

The heart has four valves. The valves open and close to move blood through the heart. Many things can damage the heart valves. If a heart valve is narrowed, it's called stenosis. If a heart valve lets blood flow backward, it's called regurgitation.

Symptoms of heart valve disease depend on which valve isn't working right. Symptoms may include:

- Chest pain.
- Fainting or almost fainting.
- Fatigue.
- Irregular heartbeats.
- Shortness of breath.
- Swollen feet or ankles.

When to see a doctor

Get emergency medical help if you have these heart disease symptoms:

- Chest pain.
- Shortness of breath.
- Fainting.

Always call 911 or your local emergency number if you think you might be having a heart attack.

If you think you may have symptoms of heart disease, make an appointment for a health checkup.

Heart disease is easier to treat when found early.

Risk factors

- **Age.** Growing older increases the risk of damaged and narrowed arteries and weakened heart muscle.
- **Sex assigned at birth.** Men are generally at greater risk of heart disease. The risk in women increases after menopause.
- **Family history.** A family history of heart disease increases the risk of coronary artery disease, especially if a parent developed it at an early age. That means before age 55 for a male relative, such as a brother or your father, and 65 for a female relative, such as your mother or a sister.
- **Smoking.** If you smoke, quit. Substances in tobacco smoke damage the arteries. Heart attacks are more common in people who smoke than in people who don't smoke. Talk with a healthcare professional if you need help quitting.
- **Unhealthy diet.** Diets high in fat, salt, sugar and cholesterol have been linked to heart disease.



- **High blood pressure.** High blood pressure that's not controlled can cause the arteries to become hard and thick. These changes alter blood flow to the heart and body.
- **High cholesterol.** Having high cholesterol increases the risk of atherosclerosis. Atherosclerosis has been linked to heart attack and stroke.
- **Diabetes.** Diabetes increases the risk of heart disease. Obesity and high blood pressure increase the risk of diabetes and heart disease.
- **Obesity.** Excess weight typically worsens other heart disease risk factors.
- **Lack of exercise.** Being inactive is associated with many forms of heart disease and some of its risk factors too.
- **Stress.** Emotional stress may damage the arteries and make other heart disease risk factors worse.
- **Poor dental health.** Having unhealthy teeth and gums makes it easier for germs to get into the bloodstream and travel to the heart. This can cause an infection called endocarditis. Brush and floss your teeth often. Also get regular dental checkups.

Associated GAPS in Care

- Cardiac Rehabilitation
- Controlling Blood Pressure
- Blood Pressure Control for Patients with Diabetes

Community Resources

Warming Stations list by County;

Chenango- [With the harsh... - Chenango Memorial Hospital Foundation | Facebook](#)

Delaware- [A Place of Warmth- Zion Warming Station Information – Andrews House](#)

Fulton- [Do you have power... - Scanner Ears Of Fulton County New York | Facebook](#)

Herkimer- [Loaves and Fishes Warming Center - default - Herkimer County Chamber of Commerce - NY](#)

Madison- [Warming Centers open across Central New York ahead of below freezing temps](#)

Montgomery- [Montgomery County Cares | Amsterdam NY | Facebook](#)

Oneida- [Extreme-Cold -003.pdf, Warming Centers open across Central New York ahead of below freezing temps](#)

Otsego- [Celebrate Cooperstown | CODE BLUE PREPARATIONS IN OTSEGO COUNTY for the upcoming two weekends. | Facebook](#)

Schoharie- [Housing - Programs & Services - Catholic Charities of Delaware, Otsego, and Schoharie Counties](#)

MCO Updates

Fidelis has several resources available for members enrolled with them.

Brave Health (adults)

<https://bebravehealth.com/mental-health-programs/>

Brave Health

Brave Health offers a wide range of treatments to improve serious mental illness, as well as emotional or relationship issues. All services are held on a secure telehealth platform and can be accessed with a smartphone. Their Clinical team works collaboratively with patients to create a personalized treatment plan designed to improve mental health and overall well-being.

Brave Health is a fully virtual behavioral health clinic offering a one-stop shop for outpatient care. Services include: medication management, individual therapy, group therapy, family and couples counseling. They offer EMDR, DBT, pregnancy & postpartum support. Members should be informed that they will receive texts and calls from a 305 area code. This helps increase engagement and prevents missed contacts.

Website: [Brave Health - Brave Health](#)

Referral form is located on their website: [Refer a Patient - Brave Health](#)

Once a referral is made Brave's access team will reach out to the individual referred via phone and SMS within 24 hours to schedule an appointment

Printable brochure: [Provider Trifold Brochure](#)

Contact information: Call or text at 305-902-6347, or email start@bebravehealth.com. Available Monday–Friday, 8:30 AM to 6:00 PM ET.

Charlie Health (adults & teens)

<https://www.charliehealth.com/>

Charlie health treats mental health conditions, substance use disorders, and eating disorders with hyper-personalized care.

Charlie health offers: IOP, Groups, Family Therapy and Individual Therapy

Specialized programming in: BIPOC, LGBTQIA+ , Maternal, Psychiatry & Medication Management, Trauma, Neurodivergent and Military & Veterans

Charlie Health is a virtual intensive outpatient program (IOP) for teens and adults (9-11 hours of treatment per week for 9-12 weeks). Charlie Health provides a comprehensive, personalized treatment plan with sessions multiple times per week, including curated groups, individual therapy, family therapy, plus psychiatry and medication management. The program is for members ages 11-49 with a mental health primary diagnosis who have recently experienced a mental health crisis.

Website: [Virtual Mental Health, Substance Use, & Eating Disorder Treatment | Charlie Health](#)

Referral form is located on their website and linked here:

<https://app.charliehealth.com/referrals/create> or via phone at (986)206-0414

Referral form: [CH Care Center](#)

Ophelia provides virtual medication management for opioid-use disorder (OUD) and co-occurring psychiatric disorders. Ophelia provides wraparound, team-based collaborative care and clinical referral management as well as on-call support for clinical, pharmacy, and social needs. Members must be 18+ and meet the following criteria.

- People regularly using opioids who want to control or stop use.
- People actively taking buprenorphine looking to transfer care or looking for a safe/reliable source for buprenorphine.
- People looking to start buprenorphine for the first time.